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HISTORY,

RISE, AND PROGRESS

OF

The Caledonia Springs,

CANADA WEST,

WITH

ANALYSES OF THE WATERS, AND CERTIFICATES
OF THEIR EFFICACY.

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MONTREAL:

PRINTED BY JAMES STARKE AND CO.

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1844.

THE NEW YORK PUBLIC LIBRARY

ASTOR LENOX TILDEN FOUNDATION

1215 Broadway, New York City

1911

## P R E F A C E.

The Caledonia Springs have attained a celebrity which will make some account of their discovery, rise and progress a subject of interest to the public. The proprietor has, therefore, judged it expedient to issue this brief and unpretending sketch, with a view of conveying correct information on the subject, and of still further disseminating a knowledge of the extraordinary efficacy of the waters.

# PREFACE

The following system, which contains a full and complete description of the various parts of the human body, and of the various organs of the human system, is intended to be a complete and accurate representation of the human body, and of the various organs of the human system, as they are found in nature. It is intended to be a complete and accurate representation of the human body, and of the various organs of the human system, as they are found in nature. It is intended to be a complete and accurate representation of the human body, and of the various organs of the human system, as they are found in nature.

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# CALEDONIA SPRINGS.

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## INTRODUCTION.

THE records of the earliest ages, and the experience of later times, have borne ample testimony to the great benefits that mankind has derived from those founts of health, which leaping into sparkling life from the great laboratory of nature, charged with a happier combination of gentle yet searching medicinal powers than the knowledge of the chemist can produce, have swept away before their healing tide, diseases which had baffled the skill of the physician. Among the most barbarous nations as well as in the most civilized societies, Mineral Springs have been received as direct benefactions from the Creator; and all men, from the Red Indian of the forest, to the pale exquisite lounging about the Spas of Europe, have subscribed to their efficacy as medical agents, and turned with renewed health and vigor from their streams. Holy Writ bears testimony to their curative powers; and the great cities which have sprung up beside these fountains, founded as it were in their floods, are so many enduring monuments of their virtues, and of the favor in which they have been held by the pilgrims, who flocked to the pool that they might be whole,

In England—Bath, Brighton, Cheltenham, Tunbridge, and many other towns have thus arisen from wretched villages to queenly magnificence, and that too, in localities which presented no natural advantages to warrant the presumption of their splendid fate, beyond the Hygæian wand of Mineral Waters. In France, Germany, Prussia, and other countries, similar and even greater effects have been produced by the like cause; and these favored spots have become the centres of health and fashion, where the votaries of the seductive goddess Pleasure, crowd with faded brows and enfeebled frames, that they may return again to the world with firm and elastic tread, and renewed beauty, looking like

“envoys sent by health,  
With rosy gifts upon their cheeks.”

The continent of America, too, has added her share of testimony to the evidence of other climates; and while the United States points to Saratoga and the waters of Virginia Canada turns toward the *Caledonia Springs*, where, concentrated in one small spot, the bountiful hand of nature pours forth four several streams, differing in their properties and action, each exercising a separate and specific jurisdiction over certain diseases.

A combination of healing influences so singularly blended, an union which gathers the afflicted to one spot, where they have the advantages of four remedial agents, marks out the site of the *Caledonia Springs*, as the destined Spa of Canada, around which it is highly probable, we shall see at no very distant day, the wild grandeur of the rugged forest giving place to the mansion and the cottage, and a great city gradually arising to compete with those,

its brethren, in the Eastern Hemisphere. Already have the Caledonia Springs become the fashionable resort of Canada; it is there alone that her people congregate in search of health and amusement. Already has the celebrity of their waters spread over the whole continent, and the North and the South, the East and the West have sent forth their sick, to seek their aid and spread their fame yet wider through the world. A solid and sure foundation has been laid, and every coming year will add something to a superstructure, which it needs no very sanguine temperament to imagine may become, both as the tomb of disease, and a source of profit, of no inconsiderable importance to the Province.

To the Indian and the hunter we are indebted for our first knowledge of the Caledonia Springs. Before the obtrusive foot of the white man penetrated the native wilds of the savage, and the silence of the primeval forest was disturbed by the ring of the settler's axe; before the crash of the falling timber told the startled Indian that civilization was approaching, that its beginning was destruction, such its course, such would be its end,—before the European, under the garb of charity, brought the rifle, the knife and the tomahawk into the land, and steeped the hearts of the Red Men in degradation, ruin, and misery, by the introduction of ardent spirits;—while yet their rule extended from the rising to the setting sun, and nor wall nor fence placed a limit to their hunting grounds, from the Atlantic to the Pacific, from the Cape to the Pole;—before knowledge had brought crime, and crime destruction, these waters were the "*Great Medicine*" of the Aborigines. It was hither that they brought from great distances, their



sick and wounded, that they might drink and be whole.— It was here that the childless bride of the great chief, whose lodge was dark with the thought that his name must die with him, and no son should sit in his place by the great council fire, and lift the persuasive voice, when he was gathered to the happy hunting grounds of his people—came like Hannah of old, full of faith; and went back on her way rejoicing, in that the Great Spirit had answered her out of the waters, and sent her home in honor to her lord. It was here that the young sought beauty, and the aged health, and many and strange were the traditions which the *sachems* of their tribes preserved of the miraculous effects of these time honored fountains. And though the Red Men are fast passing away, and they have long since deserted their once favorite haunts, and tradition only preserves the record of their locality, yet here and there a solitary individual may be found, whose memory can restore the picture of his people's former greatness, and illustrate it by the tales their wise men have handed down; but these are broken and imperfect, like melodies which heard in youth, we strive in after years to recall, and the sweetness of the notes we can remember, makes us mourn the more for those we have lost for ever.

The first European who noticed the peculiar qualities of the Caledonia Springs was the Hon. Mr. Grant, while beaver hunting about the year 1806. They issued at that time, from the centre of a dark and turbid stream, in a ravine, the natural drain of a surrounding swamp. The parched and weary hunters drank eagerly of the waters, and the effects produced on each were such as at first to



induce the belief that they were poisonous. But Mr. Grant supposing them to be highly impregnated with mineral matter, at a subsequent period, obtained a quantity of the water from a squaw, which having evaporated to dryness he found to contain a variety of salts.

At this time there yet remained some vestiges of the Springs having been known, and resorted to at an earlier period, a beaten track led to their source, and the trees around bore vestiges of having been inscribed with rude figures and hieroglyphical emblems, a circumstance not peculiar to them alone, but which has been observed to mark several other Mineral Springs in the Province.

Years rolled on and no further notice was bestowed upon these springs; their existence was known but to a few, and that few not a class of persons who had either the energy or means to introduce them to the world, nor did they even set sufficient value upon them, to view them in any other light than as curiosities.

At length a settler in that part of the country, named Kellogg, while engaged in deer hunting, came accidentally upon them, the singular smell and taste of the waters first attracted his attention, and their use convinced him of their medical qualities; but it was left to time and experience to spread their renown.

He communicated to the inhabitants of the neighbourhood, the fact of the existence of springs possessing unusual peculiarities; curiosity and that credulity which induces all persons to catch eagerly at new nostrums, led to their being shortly in very general use.

Their purgative effect was their first recommendation

and while being used solely on this account, unlooked for powers gradually developed themselves, and diseases over which they were never expected to exert a salutary influence, were found to succumb and fly before their use.

In that distressing form of Rheumatism, the effect of constant exposure to wet and cold, by which the early settlers and otherwise hardy hunters, are so much afflicted, they were found to produce almost miraculous benefit. No matter how long or how severely the sufferer had been subjected to its tortures, a complete and permanent cure was soon effected. The cramped and stiffened limb recovered its elasticity and strength, the bent and pain-racked body became lithe and easy; the waters seemed to instil new vigor into the emaciated frame, to redeem from time the years and feelings of youth, and to disarm the power of age, by removing its infirmities.

These facts were not lost upon Kellogg, who, while he possessed no clue to effects so wonderful, had sufficient shrewdness to see that these Springs might be made a source of profit to himself. He consequently erected a *shanty* upon the spot, and charged a small fee for the liberty of using the waters. Under these humble auspices, with no adventitious circumstances to attract public attention, possessing nothing to recommend them but their intrinsic merits, the Springs became a general resort upon the Sunday; and thus they assumed for the first time the character of a Spa. The foundation was complete, and the first stone of the superstructure of their fame was laid.

From this time, their advancement was comparatively rapid: the fame of the cures effected, without doubt in

some instances much exaggerated, began to draw the attention of the inhabitants of more distant parts towards them, and the afflicted catching with renewed hope at the golden fruits of health which they held forth, sought the Springs to test their virtues.

For the accommodation of these visitors a house was erected; but so poor and wretched was the provision for their reception, that when, after traversing roads almost impassable, and being compelled in many cases to be conveyed through the woods on rude litters, they did arrive, the place seemed to threaten an aggravation rather than an amelioration of their maladies. But in spite of all these obstructions and disadvantages, numbers flocked to them, and became living proofs of their wonderful efficacy, stamping the rumour of their virtues with the seal of truth.

In 1835, the Caledonia Springs were purchased by Mr. Lemuel Cushing, (on account of himself and others); and their good properties had become at this time so extensively known, that nothing but their almost original desolateness of appearance, and difficulty of access, prevented their being frequented by a better class of visitors. Regular roads had not been formed, the usual approaches being mere tracks through a swampy forest, and their passage was a matter of considerable inconvenience and fatigue.

On arriving at the Springs, a more dismal looking spot in which to immure an invalid, can scarcely be conceived. A few half-cleared acres of swamp, diversified by a plentiful sprinkling of blackened stumps, and heaps of charred and mouldering logs, amid a tangled thicket of brushwood, with here and there a solitary pine stick, rearing its dead

and seared body, a monument of desolation, in the surrounding waste, threatening whenever the wind whistled round its branchless trunk, to fall and take vengeance on the passer-by for the wrongs done to it by his fellows—these were the *natural* beauties of the spot. Nature had done but little for the locality, and that little had been so distorted by the hand of man as to be perfectly hideous. Nor, where his inventive faculties had fuller play, had he been much more successful; two wretched log huts were the sole habitations, with the exception of a tall gaunt two storied dwelling, which rejoicing in the name of *Hotel*, reared its shabby-genteel figure, emblazoned with numerous half-glazed, uncurtained windows, above its plebeian brethren, and with a very ludicrous, self-sufficient swagger, made a melancholy attempt to look aristocratic and comfortable.

Indeed, beyond felling a few trees, and erecting these houses, nothing had been done to redeem the place from its primitive wildness and discomfort.

The springs themselves were surrounded with bog and mire, and even at times entirely overflowed by, and lost in, a small creek passing through the ravine in which they are situated.

Such was the condition of the Caledonia Springs in 1836, when they came into the possession of Mr. William Parker, the present proprietor. In the summer of that year Mr. P. commenced operations by erecting a house for the reception of himself and family, and opened out his field of action by removing the timber, stumps, and other obstructions.

It was a task of no ordinary labour and risk he had undertaken ; it called for not only a great outlay of capital, but a corresponding degree of energy and tact, to make the place either attractive to the public, or remunerative to himself. But being fully convinced of the ultimate value of the property he had acquired, he pushed forward energetically, and the locality soon began to exhibit a very favorable alteration.

The Springs were secured from the drainings of the forest, cleared out, and encased to preserve them from extraneous matter : the creek turned aside, and by a dam and canal made to form a tributary to the Attican river, the waters of which turn a mill in the vicinity ; and the ravine through which it had flowed, was filled up and rendered dry. Preparations were also made this season for buildings on an extensive scale, to provide for the rapid increase of visitors.

In the spring of 1837, the improvements were recommenced with increased vigour. The land immediately around the Springs was surveyed and laid out in village lots, having a large public square in the centre. A store was erected and stocked, a Post-Office established, a large hotel commenced, and a carriage road opened through the woods to the Caledonia settlement. These improvements had the effect of advancing the value of land in the vicinity full fifty per cent.

A bill was this year granted by the Legislature of Upper Canada, for the formation of a Company, having for its object the proprietorship of the Springs, under the name of the Caledonia Springs Company, with a capital

of £50,000, in two thousand shares of £25 each. This intention has not yet been carried into effect, but of this we shall speak further in another place.

About the same time the Caledonia Waters were analysed by an eminent Physician and Chemist, Dr. J. R. Chilton, of New-York, and the result was more satisfactory than the proprietor's most sanguine hopes had led him to expect.

This analysis accompanied by a certificate of the efficacy of the waters in various complaints was published, and attracted general notice. The attention of some of the most eminent medical men in Canada was drawn towards the Springs, and their experience of their valuable properties tended not a little to establish them immediately in public estimation.

The ensuing winter was not passed idly, but all practicable progress was made in the necessary improvements, and in preparing for the business of the coming season. In addition to the great mental and physical labour which had already been expended upon the place, a large amount of money had been invested, and as yet no return had been obtained.

However, the summer of 1838 commenced under very favorable circumstances, proving to the proprietor that his exertions had not been thrown away, and that now, the Springs only required to be known to ensure that patronage, of which, by every means in his power, he had endeavoured to make them worthy. An hotel for extent, comfort, and convenience, hardly excelled in the Province, was opened in June, and immediately received a great influx of visitors.



A bath house had been erected, and an octagon temple over the Gas Spring; and several shops had sprung into existence in the neighbourhood. The approaches to the Springs were much facilitated by the establishment of a regular line of Stages from Point Fortune and L'Original, and the consequence was that the visitors were numerous, the waters in great demand, and the prospects of the undertaking altogether encouraging.

But this sudden and rapid success was fated to be counterbalanced by an accident, the most untoward that could befall an early settlement; a little more than a month after it was opened, the new hotel was totally destroyed by fire, and thus the great outlay incurred in its erection, the labour of many months, and the whole prospects of the season, were swept away in a single hour. The sun which gilt the roof of the new building, and lit up its thousand window panes ere it set that night, held not forth a brighter promise of the morrow, than did the hopes of all connected with it, of the sure prosperity of the Springs; it rose upon a heap of mouldering ashes, and all anticipated that the enterprise had received a mortal wound, and they had seen its end.

But with trouble, comes the power to bear it; and there are some men whose minds seem to enlarge as their cares increase; their resources become the greater, the greater their necessity; and disheartening as this event was, it served to call forth a still greater degree of energy to meet the many difficulties by which it was attended. A circumstance tending to create unfavorable impressions in the outset of his career, to destroy the seed at the very point

of germination, called for the whole powers of the proprietor to disarm it of its evil. When an enterprise has been proved for a time without any draw-back to its prosperity, it attains an eminence in public opinion, which enables it to successfully combat future adverse circumstances ; but it seldom happens when such beset it its beginning, that it can make head against the current of distrust engendered, and when this does occur, it must be owing to extraordinary innate virtues. Happily, the short trial which had been made of the Caledonia Springs had established them a reputation no casualty could overthrow. So convinced of this were the visitors there, at the time of the fire, that they chose rather to remain, and put up with such lodgings as could be hastily prepared, than forego the benefit of the waters, by returning to their homes.

The old hotel was therefore put in order as quickly as possible, and its accommodations increased as much as practicable for their reception ; but its capabilities were inadequate to the necessities of a very large number of visitors, and many persons were compelled by this knowledge to defer visiting the Springs this season.

Preparations for the construction of a new hotel, upon the site of the one destroyed, were commenced without delay, and scarcely were the ashes of the first cold, before the second began to rise above them ; and when winter set in, the whole frame was completed.

But the large sums already expended, and the partial failure of the season, had exhausted the resources of the proprietor ; and in order to acquire the means to finish this building, and continue the necessary improvements, he de-

terminated to have recourse to the sale of one hundred building lots, already laid out around the Springs. These lots were valued at £25 each; the purchasers taking their chances of location in a *tirage au sort*. Through the liberal patronage of many of the most influential inhabitants of both Provinces, who had either experienced benefit from the use of the waters themselves, or were convinced by the testimony of others, of their efficacy, the undertaking proved highly successful. The drawing took place in Montreal, during March 1839; and the distribution of this property through different parts of the country, had the effect of creating a greater amount of interest in the ultimate success of the Springs, and also of directing public attention more immediately towards them, which could not fail to increase in a great degree their patronage, and to enhance the celebrity of the waters.

The means which this lottery placed at the disposal of the proprietor, enabled him to proceed vigorously with his improvements, and in the July following, the new hotel was finished, furnished, and thrown open to receive company.

With the commencement of the season came numerous visitors; and while the new hotel was filled to overflowing, the old was taken up with lodgings, and every other house in the settlement was crowded. The proprietor at length began to see some accomplishment of his hopes, and to derive some reward from his great exertions and outlay. The waters accomplished wonders for the sick; and the hale who came merely to rusticate, and drank them out of curiosity, found an increased vigor imparted by their use. Their renown spread rapidly, and a great demand was created for them, throughout the country.

But even under these prosperous circumstances, the means of the proprietor were not great enough to keep pace with the continually required outlay, to provide new sources of amusement, comfort and convenience for visitors. It was absolutely necessary that while the Springs were rising so rapidly in public estimation, there should be no relaxation in the endeavours to make them still more attractive, and deserving of encouragement; they had not yet acquired sufficient impetus to move alone, and they demanded the shoulder to be constantly at the wheel, that there should be no back-sliding, no cause of complaint. The proprietor therefore determined to offer for sale, an undivided half of the property, comprising the Springs, the two Hotels, Saw Mill, Bath House, &c., in fact all the improvements besides the original purchase.

The property was divided into 1000 lots, or prizes, for which an equal number of tickets was issued, entitling the owner of each to an undivided half of such lot as should be drawn against its number, in the *tirage au sort*; each purchaser taking his chance of prizes as in the former drawing. These tickets were sold in all parts of the Province, and through the United States, and tended greatly to increase the celebrity of the Springs. As an additional inducement to purchasers of tickets, the proprietor pledged himself to redeem some of the most valuable lots at stated prices. The undertaking proved eminently successful, the reputation of the Springs had become so firmly established in the mind of the public that but little difficulty was experienced in the sale of the whole; indeed as the day of drawing drew near, there was no little anxiety displayed by

those who had not hitherto done so, to obtain tickets, and they consequently commanded a premium. The drawing took place at Montreal, in June, 1840; and those to whom the more valuable prizes fell, accepted the sums at which they were valued, and they thus again became the property of the present proprietor.

The proceeds of this sale enabled Mr. Parker to carry on the improvements with an energy which advanced the Springs in general estimation in a few months, more than under ordinary circumstances, could have been accomplished in as many years. The whole sum was faithfully expended in various alterations and additions to the attractions of the place. The new hotel was considerably enlarged to keep pace with the rapid influx of visitors, the baths much improved, a billiard room and ball alley built and furnished, a weekly newspaper established for the amusement of visitors and information of persons at a distance, and a church and school house erected.

Since that time the improvements have continued, and ingenuity has been tasked to the utmost to furnish sources of enjoyment and exercise to the visitors.

Among the novelties is a circular railroad, bearing two cars, traversing in opposite directions, each car carrying two persons, and being impelled by the riders, they afford at once, amusement and most healthful exercise. The cars were severally named *The Rose* and *The Lily*, the first in honor of *Old England*, by Lady Routh, and the second by Miss de Montenach, in honor of the *Canadian Fair*. A great speed may be attained with them, as much as twenty miles per hour, having been frequently the rate of travelling.

A well beaten race-course encircles the whole property, and is commanded through its whole extent by the spacious galleries around the hotel, the one affords an excellent arena for matches among the visitors, or a riding ground for exercise, and the other a stand, from which a capital view of the races can be obtained.

To those who seek no more than a pleasant residence, in which for a short time to escape from the heat, and bustle of the city, and to lay aside the cares and anxieties of business, there is not another spot in Canada which concentrates so many attractions. Every taste and every humour may find at the Springs, food to its liking. To the studious there is ample field for contemplation; and the riotously gay will find no lack of mirth; every bent "from grave to gay, from lively to severe," can be indulged at will. Nor must the many sources of pleasure developed there, be lost sight of as important objects to the invalid. There are other remedial agents as powerful as medicine, and when combined with it, forming the quickest and surest restoratives of health, and these are of them. That which tends to enliven the feelings, to dissipate the corroding anxieties of the mind, and to rekindle the expiring flame of hope, by dispelling those hypochondriacal fancies to which the sick are so peculiarly subject, disarms disease of half its venom, by striking at that which is frequently its root; and thus the mind renovated by change of scene and diversity of amusement, becomes the wise and successful physician of the body.

Who has not felt, when after turning his back upon the busy haunts of men, and forgetting for a while that he must toil to live, he went forth into the green woods and



along the flowery fields, as it were a new existence, a purer and a better life arising in him. The sky is clearer than its wont, there are strange odours on the breeze, and whispering spirits singing in its sighs; the waters look more bright and cool, and every ripple is full of music; there are gentle voices among the mighty branches of the old trees, which wave their green leaves to and fro, and cast their shadows over the forest flowers that spring about their hoary trunks, turning their meek eyes to heaven like cherubim who pray for wings, that they may mount upon the notes of the sun, and mingle with his glory. Lo! it is nature's sabbath, and every created thing seems gifted with a living soul, and turns with praise and joy to worship Heaven, shaming the lords of the creation, in that they, with all their pride and knowledge, must look to these contemned things for wisdom. Both soul and body are regenerated when we fly from the city to the country, and look "through nature up to nature's God."

To those who are fond of society, the Caledonia Springs present peculiar attractions. Not only are they the centre towards which the fashionables of Canada radiate, but they enjoy a peculiarly happy exemption from those cold conventionalities and stiff formalities which clog the sociality of the outer world. The state of feeling at the Springs is very similar to that observed on board ship among fellow passengers, all restraints except those of politeness and good breeding are removed at once, and they determine to make the voyage pass as merrily as possible. The visitors mingle together as members of one family bent upon the sole purpose of seeking health and pleasure, and making all other feelings subservient to these purposes. This

cannot fail to ensure most effectually the enjoyment of all, and to exert a very salutary effect upon the most morose temperament. As in a little colony far removed from the rest of the world, each person seems to feel that individuals exert an influence over the happiness of the whole, and all therefore strive to contribute something towards the general conviviality.

Here may be seen, one, who, among his fellows, bears the reputation of a cold ascetic, supporting to the fountains the footsteps of some fair invalid, while gentle words such as his tongue is all unused to, and tender offices springing strangely from so rude a soil, cheer her sad heart, strive to light up her languid eye with hope, and minister to her every want. Here the most untutored churl learns courtesy by a kind of magic intuition which he can neither understand, nor resist.

Here indeed the hours are "rosy bosomed" and "swift footed," and the only complaint is, that the day is gone before half the amusements set apart for it have been run through; and the evening closes with plans for the morrow, and among so many, the only difficulty is to choose. To those who are fond of a *pic-nic*, here are all "the appliances and means to boot," beautiful scenery within a short distance, and carriages to convey the party. Those gentlemen who prefer fishing or shooting, can find good employment both for rod and gun. There is the lawn for cricket, quoits, and *la grace*, and fair partners for the latter. The billiard room and ball-alley claim a share of patronage, and the railroad and swing must not be forgotten. For those who would stroll through the woods, there is a boarded walk to the *new spring*, a distance of more than

two miles, and there is the race-course for those who would ride on horseback.

In the evening, there are numerous pastimes, in some of which every visitor can enjoy his own peculiar pleasure—in the ladies' drawing-room there is a good piano, and fair dames to make it "discourse most eloquent music," and accompany it with their sweet voices. There is too, the social quadrille in which

" At eventide we go  
Where bright eyes glance  
Through the mazy dance,  
On the light fantastic toe."

The more sedate will find a seat at the whist table, or a partner at chess, draughts, or backgammon; or among the books and newspapers find ample amusement. Or if a quiet walk is preferred, there are the spacious covered galleries around the house where it may be enjoyed even should the weather be wet. For those that are artistically or poetically inclined, there is an *album*, to which their contributions are solicited, and they will be greeted by enough of bright eyes to satisfy ambition. There is also, the newspaper, in which their productions can be published, and contribute not only to the amusement of their fellow visitors, but be sent abroad to the world.

Indeed, if ever place were fashioned by nature and art to banish *ennui* and all its attendant train of ills, it is the Calcutta Spring. The heart that does not swell with glad emotions there, the mind which cannot find amusement, must be indeed impenetrable, and sunk in sullenness beyond all hope.

## THE WATERS.

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After having said so much of the general attractions of the establishment, it next becomes our duty to treat of the substantive advantages, the virtues of the mineral waters, to which it owes its rise.

The number of Medicinal Springs is four, of these, three are within a few yards of each other—the Sulphur, Saline, and Gas; the fourth is a very powerful Saline cathartic, lately discovered, and which not having been yet brought into general use, we design to speak of in another place.

The Saline and Gas approach nearly to one another in saline constitution, but the Gas is much the milder.

The Sulphur is distinguished by the odour peculiar to hepatic waters.

The gas arising from the Gas Spring is highly inflammable, and being collected in a vessel, burns with all the characteristics of hydrogenous gases.

While extolling the Caledonia Springs as being without exception the most sanatory known on the continent of America, it is not intended to represent the waters as a general panacea, an universal medicine, curative of all “the ills which flesh is heir to;” on the contrary, we readily admit that there are some diseases, over which they exert no control. To show under what circumstances they may

be exhibited with beneficial effects is the object of this section of our labour.

Having prefaced thus much, it will not be considered out of place, by way of illustration, to adduce cases of various diseases in which cures have been effected, in some of these for obvious reasons the names of the parties are suppressed.

**RHEUMATISM.**—Both in the inflammatory and chronic stage of this distressing malady, no remedy with which science has made us acquainted has performed such apparent miracles. The speedy and wonderful effects produced upon the patient, have been such, as not only to astonish others, but to appear marvellous to himself.

In the early part of the season of 1840, a gentleman who had been confined to his room the greater part of the winter, with inflammatory rheumatism, came to the springs for relief: upon being asked, a few days after his arrival, if the waters agreed with him? "Agree!" he replied, "I have heard of magic influence before, but never knew what it meant until now; five days ago I could move neither hand nor foot without excessive pain, and now I can dance a jig"—suited the action to the word.

A gentleman arrived from Montreal, suffering intense agony—sleep was denied him at night, and his days were passed in charging from a sofa to a chair, and thence to bed: an incessant shifting was resorted to in the vain hope of obtaining rest, or an intermission from acute pain. He had been for a long time under the treatment of the first physicians, and surgeons of the Province, without deriving any benefit. In a short time he left the Springs in better

health than he had ever enjoyed, entirely free from pain, stout and strong, and able to walk as well as he had ever done.

Mrs. M'Donald, formerly of Glengarry, after having been a martyr to Rheumatism for *eighteen* years, the severity of which had baffled all medical skill, was permanently cured by a visit of four weeks to the Springs.

Madame Deschamps, of L'Assomption, C. E. had been for four years afflicted with what was called by her physicians, *nervous Rheumatism* : for twelve months she had been unable to walk, and during the greater part of that time, entirely confined to the house. The disease attacked her first with acute pain in the neck, and back of the head, and afterwards in the body and extremities, particularly in one arm and leg. The pain became so severe that for months she employed women to apply flannels to the affected parts, as hot as she could bear, to numb the pain. In order to obtain the least cessation of pain, and needful rest, she had resorted to the use of opiates, and was in the habit of taking *two drachms* of *laudanum*, every night. Every remedy which skill could devise, or quackery invent, had been tried without success ; indeed the details of some of the latter are too disgusting for publication, and show to what a pitiable state she was reduced when hope could catch at such devices. At length in a condition considered hopeless she visited the Springs, and in thirty-one days was able to walk with ease, and was altogether free from pain ; and in a short time more had given up the use of laudanum and was in perfect health.



A similar instance will be found in the following letter :

" September 24th, 1842.

" *To Wm. Parker, Esq.,*

" Dear Sir,—It is with unfeigned pleasure, I inform you that I have experienced great relief from the waters of the Caledonia Springs. I reside at Batiscon, Canada East, and have suffered for a length of time from Rheumatic Gout, and for the last two years I have not been able to turn in bed. I heard of the Caledonia waters, and and although reduced in circumstances, and scarcely able to move, I resolved to make a trial of them. I have only been here a week, but although I constantly used the waters and my health got better, yet the pains continued, and I felt unable to straighten myself up or turn in bed. I however tried the warm baths, and this day I have reason to thank God that I am able to stand upright, and last night I turned twice in bed.

In handing you this certificate I am only influenced by a desire, that persons who may be afflicted as I have been, may know that the drinking of, and bathing in the Caledonia waters will certainly restore them to health.

" So remain,

" MARGARET SOMMERVILLE.

" Batiscon, C. E."

Nor is the testimony of this extract from a letter of Mr. Menelly, of Niagara, to the proprietor, less strong—

" The Springs have performed a miracle in my case. Since the year 1816 I have been afflicted with Rheumatism. Previous to that period, I had been eleven years in the West Indies ; on returning to a colder climate I was

seized with the disease, and have been a martyr to it ever since. For twenty-five years I had never been one day free from pain. I lost the use of both my legs, and I came here on crutches. Now, I have no pain, and you see I can move about pretty nimbly with the help of a walking stick. I am only sorry I cannot remain here long enough to effect a perfect cure, but I shall return next season and stay three months."

*Extract of a letter from A. SIMPSON, Esq. of Quebec.*

"I have derived the greatest benefit from the use of the waters myself, besides having witnessed the most extraordinary cures by the use of them for only a few days, by persons suffering under confirmed Rheumatism, and other diseases."

*Case of A. CHEWETT, Esq., of Sandwich.*

"Sandwich, 26th January, 1842.

"SIR,—I was almost hopeless and helpless with Rheumatism, which drew up my legs in such a manner as to prevent my using crutches; and I had been confined to bed nearly *ten months* by it. This disease I had contracted through exposure during the troubles, on the frontier.

In October, as a forlorn hope, I contrived to get to the Caledonia Springs, and had not been there more than fourteen days before I felt relief from the excruciating pains in my limbs; and at the end of three months I recommenced trying crutches, being nearly free from all pain, and the contraction of my limbs much abated, so that I was able to undertake and complete a journey home of six hundred miles in winter without much suffering, and to resume my business—the law. Since then I have suf-

ferred but little, can walk about with considerable ease with a walking cane, and though still infirm enjoy general good health and cheerfulness, and attribute my recovery and present ease and comfort to the use of the waters at the Caledonia Springs, and to the kindness and attention of every individual connected with the establishment, which those who have been worn down with pain and disease for any length of time can appreciate.

"I am, Sir,

"Yours, &c.,

A. CHEWETT."

*Extract of a letter from J. G. BIGELOW, Esq., Burlington.*

"I have been afflicted with Rheumatism many years of my life, and have received decided benefit from the *Caledonia waters*, when used freely. It is now *three years* since my last attack, and I attribute my present exemption to the use of those waters. I have also experienced relief from them in other diseases, and find their free and timely use *a great preventive of disease.*"

*Extract of a letter from P. J. LACROIX, Esq., of Montreal.*

"I beg to state that in July, 1840, I went to the Springs for the purpose of testing their efficacy in a case of the most violent Rheumatism, under which I had been suffering for several years previous. After remaining at the Springs for about *three weeks*, and making free use of the waters, my limbs were entirely relieved from all pain, *and my health perfectly restored.* Several of my friends, to whom I have recommended the Springs, assure me that

they have experienced immediate relief from their use. I consider the waters of the Caledonia Springs to be most efficacious in cases of Rheumatism."

One of the most extraordinary cures effected by the Caledonia waters is narrated in the following letter extracted from the Brooklyn Evening Star.

*To William Parker, Proprietor of the "Caledonia Springs," Canada West.*

"Dear Sir,—The kindness you have manifested towards my daughter, induces me to place before the public a brief statement of her case, that the good effects produced by the use of the Caledonia waters and Baths, may be more extensively known, and their value duly appreciated.

"In the year 1834, Mrs. L—— R—— was attacked with an affection of the spine, which caused a prostration of the whole system, so that her lower extremities were almost powerless; for three years she could not walk, and it was with some difficulty she could help herself in any way. Some of the most eminent and skilful physicians attended her for a long time; but although they moderated the disease in some degree, they could not effect a cure. The Caledonia Springs were now proposed and resorted to; it was with much difficulty she was conveyed there in 1837. Immediately on arrival, she commenced drinking the waters, and soon began to improve in strength and health, and in the course of a few months could walk with ease, and was quite restored to health. She then left the Springs, went to Brooklyn, New-York, apparently in good health; but after enjoying this blessing a few

months, the pleasure of her restoration to health was manifested by too much exercise, which, together with a fall on the pavement, brought on a re-apse, and a second time she was prostrated much lower than the first, with a ten-fold aggravation of her disease, accompanied by a violent attack of liver complaint, which confined her to her room for nearly two years. Some of the most skilful physicians in such cases, in New-York and Brooklyn, tried their skill to effect a cure, but to no purpose. As a last resource we again repaired to the Caledonia Springs with her. She was carried in a chair out of the house to the steamboat, and with much fatigue we conveyed her to the Springs in May last, 1842; at that time she could not walk; but by drinking the waters, and using the baths, she is at the present time, (June 24, 1843,) able to walk actively about the house, and some distance in the open air; her health is in a measure restored, and from a recent visit to the Springs, I believe that by her continuing to drink the waters, and use the baths through the Season, with the blessing of our Heavenly Father, she will be almost, if not perfectly, made whole.

"If any person is afflicted with a similar complaint, he would do well to repair to these Springs, as the above case has been considered by her medical advisers most extraordinary.

"J. P. ROBINSON,

"75, Cranberry Street.

"Brooklyn, N. Y., June 24th, 1843."

"Mr. Wm. Parker,

"SIR,—Having come a distance of nearly one thousand miles, to try the efficacy of the Caledonia waters, in a

most afflicting and stubborn case of Rheumatism, which I have suffered for several years; and being on the eve of taking my departure for England, after a residence here of four weeks, under the constant influence of the water—by drinking and bathing,—I deem it my duty, thus to declare publicly, and to you personally, my entire conviction of the virtue and power of the water over the disease called Rheumatism. And my firm belief in the excellence of these waters, relieving many distressing complaints, that have come under my notice, since my sojourn at the Springs. I write the above for the benefit of invalids, and I strongly recommend to them the healing qualities of the Caledonia Springs, that have proved themselves of so much service to

“Your obedient servant

“D. KINNEAR,

“Lieut. on II. P. of Royal Artillery late  
“resident of Goderich U. C.”

“*To the Proprietor of the Caledonia Springs.*

“SIR,—I cannot in justice to the Springs leave the place without acknowledging publicly, the great benefit I have derived from the use of these truly efficacious waters.

“My case has been a most painful and continued attack of Rheumatism in my knees, ancles, and all through my body. I was here last summer and experienced a perfect cure, but subsequently a violent cold brought on my old complaint, from which I have suffered greatly for six years. I have again resorted to these healing waters, and am again restored to health and free from pain. Thanks be to God for these earthly medicines; I wish all that have



such afflictions as I have suffered, knew of the waters of Caledonia, that they might come and be healed.

"I am, dear sir,

"Your grateful and obedient servant,

"MARTIN O'HARA.

"Caledonia Springs, Sept. 10, 1841."

*"To Mr. Wm. Parker, Proprietor of the Caledonia Springs.*

"SIR,—It gives me pleasure to make known the benefit I have received during my sojourn here, from the use of the waters of your Springs, to which I owe the restoration of my health, and which I cannot too strongly recommend to the use of others.

"I had been during the past winter and spring extremely indisposed, suffering from Rheumatism, a derangement of the digestive organs, feebleness, and a continual dizziness, my nerves being also times much affected. My health being altogether in so precarious a state, I was advised to visit the Caledonia Springs. I arrived about the first of the present month, and immediately commenced drinking the waters, and taking the baths. In eight days I found myself considerably better, the different symptoms of my complaint having disappeared. I have now recovered my strength and appetite, and, at the time of writing this, am in as good health as I could desire.

"I am, Sir,

"Your obedient servant,

"WM. H. LEMOINE.

"Caledonia Springs, 18th July, 1843."

*"To the Editor of the Springs Mercury.*

"SIR,—I cannot leave the Caledonia Springs without contributing my mite to the support of the character this Spa has already so justly attained. We have now been here a fortnight ; on our arrival Mrs. McKenzie was in most wretched health, from long continued attacks of Rheumatism. She could scarcely walk. The alteration that has taken place, must be seen to be believed ; it has been to me most astonishing to witness her daily improvement and rapid steps towards health, and my only regret is, that the lateness of the season should prevent us remaining any longer.

"ALEX. MCKENZIE,

"Capt. 67th Regiment.

"Caledonia Springs, Oct. 2, 1840."

"Montreal, January 29th, 1844.

"*William Parker, Esq.*

"DEAR SIR,—I have great pleasure in accordance with your letter of the 25th instant, in sending you an account of the benefit I received from my visit to the Caledonia Springs, which I more readily do, in the hope that it may meet the eye of some sufferer, who, by these means, may be informed of the more than probability, of a speedy relief of his illness.

"My first attack of Rheumatism was on the 10th of May, 1842, and continued until the month of November, but never during that time prevented my attending to business ; but in the latter month, the cold and rain setting in, the pains in my limbs and joints were severe to

an extreme, that I was obliged to confine myself to my bed for six weeks, during which period, I tried all the quack liniments I saw advertised in the public prints, to the amount of, from twenty-five to thirty dollars, and derived no benefit : I consequently called in Dr. Crawford—whose kind attention I shall never forget,—he gave me relief in a very few days, but unfortunately it was for a few days only, for the pains in my legs returned, and remained more or less violent during the whole winter. In the beginning of April I was so bad, that all the remedies usually applied, failed, and the Doctor, after six weeks trial, informed me that he was afraid my complaint was chronic, and I began to despair of ever being able to rise from my bed. At this time I was actually reduced to a mere skeleton, and nearly exhausted for want of rest ; sometime about the middle of May, the Doctor advised me to go through a course of mercury, that he thought it would relieve me, and that, as I was determined to go to the Caledonia Springs, my constitution would be better prepared to take the waters, the effects of which, by these means, would be more rapid in relieving me from pain ; the fifteenth day from the time I commenced this course of mercury, I was quite free from pain and able to walk about the room. On the 6th June, I was allowed to go out, to see how it would affect me ; I was very weak, but I continued gaining strength until about the 18th, when in the evening of that day, I felt some slight pains about the ancles, and the next morning my joints were very painful and stiff ; I mentioned these symptoms to the Doctor, who advised me to go to the Springs as soon as

possible, that he was certain I would feel better very soon, and gave me directions how to use the waters, and highly recommended the vapour baths. Accordingly I prepared myself, and on the 24th June I left Montreal and reached the Springs the next morning about nine o'clock, so lame that I could not get from the stage without assistance. I immediately sent for some of the Sulphur water, so as to commence without loss of time the course recommended to me by Dr. Crawford. The first draught I took was very disagreeable both to the scent and taste; but after taking the second draught the taste was lost, and only the Sulphureous smell remained. I took about twenty tumblers of this water before I retired to rest, and did not feel any way incommoded further than from its effects upon the *kidneys* and the urinary organs; and in the morning I found a quantity of *gravel* had been discharged with the *urine*, which proved to me that these waters must be beneficial to persons afflicted with that dreadful complaint—the red gravel—which is a complaint I have been a martyr to for a number of years; and I must say, that since the use of the Caledonia waters, I have perceived no symptoms of this disease. The third evening after my arrival I took a vapour bath, and immediately went to bed, and perspired the whole night so profusely, that it was impossible to take any rest, until day-light, when I fell asleep and did not awake until nine o'clock, when to my great astonishment and delight, I found my joints quite supple and no pains in any part of me. I got up and walked about all day until evening, when I felt slight pains in the knees and ancles, but not sufficient to disturb my rest. On the

third of July I was perfectly free from pain, and that evening I took another vapour bath, which was not so warm as the previous. I now could get up at five o'clock, and go down to the spring, which I did every morning, after I established a regular course of treatment, namely, to drink eight tumblers of Saline before breakfast, and of Sulphur water, from ten to fifteen during the remaining part of the day.

"Unfortunately for the invalids, bad weather set in for ten or twelve days, which threw us all back; I felt my old pains flying about me, and I commenced forming no favorable opinion of the waters; but as the weather cleared up and became fine, these left me; and as soon as we could take the baths every person's countenance began to brighten, and every day gave proofs of the wonderful cures the waters were making. When I had been here thirty-five days I felt perfectly well, only that my legs were very much swollen from the effects of the waters, all of which disappeared very shortly after my return, and I have continued in good health ever since. I have such confidence in these waters, that I am certain, that persons afflicted with the Rheumatism as I was, by proper attention to drinking the Saline in the morning, and Sulphur through the day, and taking two vapour baths per week, may be guaranteed a perfect cure; and at the same time, I would recommend them to continue the bath and drinking the waters at least one month after all symptoms have disappeared.

"During my short stay at your springs, I must acknowledge your great attention and politeness, and must tender my humble admiration of the manner in which your large establishment was conducted.

"I now conclude in wishing you that success which the virtues of the Spa deserve, and thanking you for the benefit, which through you I have been fortunate enough to receive.

"I remain, dear Sir,

"Your obedient servant,

"WILLIAM HENRY.

"*William Parker, Esq*"

Nor is it alone in Rheumatic affections that the curative powers of the Caledonia waters rule, as will be seen by the following opinion of Dr. Stirling, a physician of great talent, whose long residence at the Springs, and the opportunities he has enjoyed of watching the effects of the waters upon all constitutions, in every form of disease, entitle him to more than ordinary weight as an authority.

"These celebrated waters belong to that class of mineral springs termed Sulphureous, and possess as the analysis shows, a happy combination of gaseous and saline ingredients.

"They are particularly indicated in those chronic affections which pass under the names of nervous, bilious, dyspeptic, &c., and which generally depend upon congestion, or chronic inflammation of some internal organ.

"In diseases in which the physician is least successful, in diseases which baffle all the ordinary therapeutic agents, and in all those obscure and obstinate maladies, which have been quaintly styled *opprobria medicorum*, there the Sulphureous mineral waters are most beneficial in their effects.

"The waters of chalybeate springs are useful only in cases of direct debility, but Sulphureous waters by producing a change in the secretions, act powerfully as an alterative and tonic.

"That disease is cured by restoring and improving the secretions, is an axiom in medical science. These waters effect this in an eminent degree. They act upon the bowels, the kidneys, the skin and the capillary exhalants generally, and have this advantage over all the medicines in the pharmacopœia, when judiciously used, they never produce debility. The physician in attempting the cure of chronic disease, whatever mode of evacuation he may adopt, will frequently find his patient sink from exhaustion, before the disease can be arrested; but in the waters we possess an agent, which acts as powerfully on the secretory organs as mercury, without the risk of injuring the general health, or breaking up the constitution. The dose may be repeated day after day and week after week, and large evacuations produced, and yet the invalid gains flesh and strength and health, and ceases to be an invalid.

"It is a prevalent opinion that these waters are hurtful in pulmonary complaints, but this requires further explanation. That no benefit can be derived from their use in the last stages of phthisis, I allow; and indeed what can then stay the progress of this fatal malady? But I affirm after having observed their operation for the last ten years, that beneficial effects frequently result from their use in incipient phthisis, and I have never seen one case of the kind in which they did harm. In support of this opinion I may quote the words of the celebrated Dr. Armstrong



when speaking of the Sulphureous waters of Dinsdale and Harrowgate. "They seemed," he says, "exceedingly useful in several instances where phthisis was distinctly threatened. But this has been more especially observable, when the pectoral symptoms were complicated with hepatic disorder, as frequently occurs; and indeed in the commencement of most fevers of the hectic type, the Sulphureous waters have afforded more relief than any thing else."

"Cases of chronic inflammation sometimes occur, in which mercury will not affect the system till venesection has been premised. I have observed that these waters operate as an alterative in such states of the system, if first taken in purgative doses, and that without the aid of the lancet.

"I have found these waters a safe and cooling aperient in febrile and inflammatory affections, and I consider them a specific in most diseases of functional disorder; and even in some cases where I had occasion to suspect the existence of organic lesion, their action has proved highly sanative.

"It is the opinion of Dr. Armstrong, that the Sulphuretted hydrogen gas is the most active curative principle contained in such waters; it follows that Saline Springs, not impregnated with this gas, and which are numerous in many parts of this continent, cannot have the same efficacy in the cure of disease, and probably possess little advantage over the waters of the ocean.

"I may remark in conclusion, that chronic maladies cannot be cured by any means whatever, in the space of a

few days. When diseased action has existed for a long time, it is idle to expect a cure by merely tasting the waters. A perseverance in their use for weeks, nay sometimes for months, is necessary for the complete removal of chronic maladies.

"In regard to diet, some circumspection is necessary, as I have frequently seen the good effects of the waters greatly counteracted by too free indulgence at table. An unnatural appetite is sometimes created by the waters themselves, which the invalid ought not to gratify to its full extent.

"The waters of the Gas and Saline Springs, I have found most suitable to gastric, hepatic and nervous diseases; that of the Sulphur Spring, to rheumatic and cutaneous affections, and the incipient stages of pulmonary consumption

"The Saline water has been particularly useful in Scrofulous affections, probably from the quantity of iodine contained in it.

"None of these waters are indicated in diarrhœa and dysentery."

In *Chlorosis*, that unhappily too general and fatal disease to which young females just budding into womanhood are subject, the use of the Caledonia waters has been invariably attended with such success as to warrant their being considered as a *specific*. This alone, did they possess no other healing virtue is sufficient to establish them a high reputation, and to recommend them to every family. How many of the fairest of Earth's daughters, year after year, droop beneath this insidious malady and become at

length the victims of *consumption*, who by a course of the waters might have been spared to bless their families and the world? There is scarcely an individual in whose knowledge such cases have not occurred—who has not seen one, in whom all the hopes and affections of a household were centred, just at that age when life puts on its brightest garments, and love looks forward to the consummation of its hopes and the reward of all its cares,—just when the blossom was opening to a flower,

“ Like a rose at fairest  
Neither bud nor blown”—

nipped to the very heart, and in spite of the skill of the physician, and the anxious care of parents and friends, hopelessly sinking day after day to a premature grave.

To those who have daughters and who feel that such may be their fate, shall we speak in vain? Providence has placed a cure within their reach—will they refuse to stretch forth their hands to it that they may live, and bless them with children's children?

In all stoppages of the secretions, no matter from what cause arising, the waters of the Caledonia Springs have been found to infuse a new life into the pale and emaciated patient, the *lily* has been dethroned from the cheek, and the *rose* of health has resumed its proper empire, the eye has gathered brilliancy, and the lip its former hue, and the wasted form has been restored to more than former fullness and beauty.

And here we would introduce a subject, to some full of vital interest, but one which from its delicacy, and the difficulty of narrating evidences in language sufficiently explicit,

and yet not such as to offend the most sensitive mind, compels us to limit ourselves to a single certificate from a physician of eminence.

"Dear Sir,—Having observed in your paper some account of "remarkable cures" by the *Caledonia waters*, I have thought the following case, which occurred in my own practice, well deserving of notice.

"Mrs. M'M——had been a patient of mine for two or three years, complaining of Dyspepsia, Nervous Headache, and much irregularity of the bowels, as well as in other respects; though still in the prime of life, there had been no increase in the number of her family for the space of five years; she had taken a great deal of medicine, and I frequently prescribed for her myself, without any permanent relief. About that time I heard of a lady similarly circumstanced having been cured by the *Caledonia waters*, and I advised my patient to try the Springs. She accordingly went there, but owing to my absence from the country, I did not hear any thing of the result for about a year. On my return I called at her residence, and found her as usual in bed; she looked pale, and believing that she was still suffering from her old complaints, I said I was sorry to find her in bed. "Well," exclaimed she, "*I am not sorry, and when you know the cause, you will not, I am sure, be sorry either.*" Saying this, she withdrew the coverlet, triumphantly displaying the smiling face of a young representative of the clan M'——, and

"—glowing from his rosy sleep,  
Her cherub boy she kissed."

"She then told me of her having been restored to health

by the Caledonia waters, and thanked me heartily for sending her to try their efficacy.

"Since that time I have recommended others to try these waters for like complaints, and generally with very beneficial effects. Some such cases have also been mentioned to me by neighbouring practitioners, and were you but to give sufficient notoriety to this and similar reports of cases, which must have come under your own notice, there is no doubt but the waters of Caledonia would soon become as celebrated in this country, for the restoration of maternity, as the waters of Plombieres are in France.

"I am, Sir,

"Your obedient servant,

J. S."

The dearest, the most enduring ties which bind the affections of husband and wife with an indissoluble bond, are those sweet representatives of love,—*children*.

How many wives have mourned and prayed like Hannah, and longed to sing her song of rejoicing?

In ancient times it was the keenest reproach that could be levelled at a wife, that she was childless; and not one that loves her husband can do other than mourn over her barren state. How many instances are there around us, in which this, and this alone is the bitter drop in the cup of married life, the one joy wanting to crown its otherwise perfect happiness. But here, it has been shown there is yet hope; and where as is most frequently the case, the bar is merely constitutional, the Caledonia waters by invigorating the whole system, will assuredly remove it.

Although only in the incipient stage of pulmonary consumption, benefit has been derived from the waters, yet in confirmed cases of Asthma their use has been highly beneficial, as will be seen by the following :—

*Extract of a letter from W. Ross, Esq., of Montreal.*

"I received much benefit from drinking the waters, and shall return to the Springs if ever again afflicted with *Asthma*. I believe this to be the most satisfactory way of expressing my favorable opinion of the waters."

In dyspepsia and all diseases arising from the digestive organs, the waters have never been known to fail to produce a speedy cure; and though these disorganizations, weighed according to their immediate effects, are regarded as small evils in comparison with other diseases, yet as being frequently the seeds of more serious maladies, their early removal cannot be too eagerly sought.

"Quebec, 31st October, 1843.

"SIR,—My object in visiting your establishment is fully obtained. I have been since several years subject to dyspepsia, which has often put me to some trouble; but I am now fully convinced that my digestive organs have resumed their proper tone; and I do not hesitate to say, that the cure is owing to the waters I drank at the Calledonia Springs.

"I have also been subject to head-aches, and frequent bleeding of the nose, but I am glad to state, that since I have taken the baths, I have not been troubled with any thing of the kind, and I now enjoy tolerably good health.

"I could not expect to see the ulcer that had broken out on my leg, healed by a course of the waters, being

aware that it originated from varicose veins. However, I have reaped great benefit by bathing the leg with the Sulphur water, and it is at present as strong and healthy as if nothing had happened it.

"Wishing you every success in your very praiseworthy enterprise, and feeling persuaded that your difficulties will vanish in proportion as the waters become known, and justly appreciated.

"I remain, Sir,

"Your humble and obdt. servant,

"JOSEPH PAINCHAUD.

"*William Parker, Esq.*"

"Hawkesbury, 9th January, 1843.

"DEAR SIR,—In answer to your's of the 9th instant, requesting my opinion of the waters of the Caledonia Springs, I take pleasure in stating that I have been acquainted with their medicinal qualities from their first having been discovered, both upon myself and others, and have no hesitation in saying, that I consider them a most sovereign remedy in all cases of dyspepsia, and many other diseases, in fact, in all chronic complaints, with the exception of pulmonary consumption.

"I am, Sir,

"Your obedient and humble servant,

"DAVID PATTEE.

"*William Parker, Esq., Caledonia Springs.*"

In the summer of 1838, Mr. Abel, Post-master, Chicago, Illinois, came to the Caledonia Springs, by the advice of a person acquainted with the virtues of the waters.



Mr. A. was suffering from disease of the liver, which had afflicted him for many years. His appetite was gone, the digestive functions being altogether very much deranged—his nights were sleepless—his eyes and face deeply tinged with bile, and his whole complexion sallow and cadaverous.

He drank the waters for fourteen days, and was rapidly improving in every respect, when business obliged him to return home. After arriving there he addressed a note to Mr. Parker, from which the following is an extract:—

“DEAR SIR,—I should have written you before, but on my arrival, I was called away to a remote part of the State. It is with great pleasure I now acknowledge the kindness I received while at your place in Canada; and it is with a grateful heart I declare the great benefit I have derived from my visit to your Springs. I have not enjoyed such health for six years, and I attribute it altogether to the Caledonia waters.”

Miss M. a young lady, about eighteen years of age, had been suffering for nearly a year with severe inflammation of the eyes. At the time she came to the Springs there were ulcers on both eyes, which appeared to have penetrated so deeply as to endanger the collapse of these organs and total loss of vision. Her general health was much impaired, she was in short chlorotic. It was not supposed that the Springs could be of any use to her, and a physician, who saw her here, said she ought to go immediately to New-York, for the purpose of getting the best advice that could be procured. She however used the waters, and after having done so for two weeks, a change peculiar

to females took place in her system, brought on by the use of the waters, and was followed by a marked improvement in the appearance of her eyes. From this period she continued gradually to recover, the inflammation disappeared from her eyes, her general health became confirmed, and her eye-sight perfect.

Indeed were our only object to multiply evidences of this nature, a volume might be filled from the grateful certificates presented to Mr. Parker, by those restored to new life and hope, by the agency of the Caledonia waters ; but we think enough has been said to convince the most sceptical.

Henceforth, with such a cloud of witnesses, what sufferer will be foolish enough to despise or neglect this simple means of restoration to health and the enjoyment of life ? Who, when a remedy so easily attainable, so speedy in its effect, and so permanent in its power, is offered to him, will imitate the conduct of the *Assyrian* of old, when commanded to wash in Jordan and be whole, and turn with distrust from what may appear from its simplicity, a means of cure too contemptible ?

The following is a list of the diseases in which the waters have been most successful :—

- Chronic and Inflammatory Rheumatism ;
- Affections of the Liver and Spleen ;
- Bile, and disorganization of the Gall Bladder ;
- Habitual Head-ache and Costiveness ;
- Scrofulous Affections, Eruptions on the Skin, and Erysipelas ;
- Dyspepsia, and Indigestion ;

Inflammation of the Eyes ;  
 Asthma, Incipient Consumption ;  
 Female Diseases, and Diseases of the Urinary Organs ;  
 Gravel and Stone ;  
 Dropsy, Gout, and Swellings of the joints ;  
 Diseases of the Spine, Partial Paralysis ;  
 Effects of Mercury, and other imprudences, &c. &c.

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## OPINIONS OF PHYSICIANS AND OTHERS.

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Nothing has tended to establish the high reputation which the Caledonia waters have obtained, so much as the opinion expressed of their virtues by the Medical Faculty of this Colony, and the recommendation its members have given to their use. Testimony from so high a source, and drawn forth by such evidently disinterested and liberal motives, must carry with it a double weight, and were evidences of the great utility of the waters wanting, would convince the most unbelieving.

From among the numerous certificates in the possession of the proprietor of the Caledonia Springs, we have selected a few ; and those gentlemen whose letters we omit, must attribute it to the true motive, a circumscription of space, rather than, a disparagement of the ability which dictated, or a want of appreciation of the generous motives which influenced them. A volume double the size of this

would not be large enough to contain these records, were we to publish all that have been received.

The following letter from the late William Robertson, Esq., M. D. of Montreal, a physician of the highest standing and whose frequent opportunities of judging of the effects of the waters upon his own patients, render his opinion deserving of the highest consideration :—

“ Montreal, 21st April, 1839.

“ DEAR SIR,—In reply to that part of your letter inquiring whether the opinion I formerly entertained of the Caledonia Springs has changed, from what has come to my knowledge of their effects in certain diseases, I have only to add what I stated last summer when leaving the Springs, after having derived so much benefit from drinking the waters, that the favorable opinion I then entertained of their efficacy in relieving and curing certain diseases, is more and more confirmed by the favorable reports made by persons who have experienced relief from the use of the waters of the different springs. The complaints, as far as my experience extends, in which they prove most beneficial, are, derangements of the digestive organs, dyspepsia, affections of the liver and urinary organs, and some diseases of the skin ; but the disease, above all others, in which their good effects are most decided, is Rheumatism. Some cases of this complaint came under my observation within the last few years, in which the benefit derived from the use of the Caledonia Springs water was extraordinary. I have known a few individuals who had suffered much from the improper use of mercury, and the effects of disease, for the cure of which that

medicine is generally administered, who were restored to health by the use of the waters.

"I have heard of many cases of recovery from various other diseases by the use of these waters, particularly dropsy, and those affections of the system formerly designated chlorosis; I cannot, however, speak so confidently from personal knowledge of the efficacy of the Caledonia Springs water in these and some other complaints, as in the diseases I have just mentioned. \* \* \* \* \*

"I remain, dear Sir,

"Your most obedient,

"WM. ROBERTSON, M. D.

"*Mr. Parker.*"

"Montreal, December 2nd, 1842.

"MY DEAR SIR,—It is with great pleasure that I sit down to answer your's of the 17th ultimo, requesting my testimony as to the efficacy and repute of the Caledonia Springs. I may truly say that I never met with any person that had once resorted to them, who has not only been satisfied with their efficacy in various chronic complaints, but has made it a point to go there as often as their avocations would permit, and give them every possible praise.

"I cannot take upon myself to enumerate all the complaints for which their aid is invoked; but I believe in Rheumatism they are preëminent, especially in conjunction with the baths. In dyspepsia they are also very efficacious, in nephretic and chronic complaints they are highly successful. Cuticular and erysipelatous affections, readily yield to a course of the Sulphur spring and Sulphur bath. Many more analogous diseases have been benefited by their

use; but doubtless there are some complaints in which they may not be advisable. But to derive the utmost benefit from the waters, no course should be adopted, without consulting the intelligent physician of the establishment, Dr. Stirling, who has made them his particular study. The analysis of the different springs, I am not competent to state, but the Saline has a strong taste of muriate of soda, and must also contain a sufficient impregnation of sulphate of soda, from its laxative quality;—but the carbonic acid renders it quite an agreeable drink, and what may appear surprising, though no less true, a person may drink five or six tumblers before breakfast, and make a hearty meal nevertheless, and a breakfast at the springs is no trifling affair. The Sulphur spring must contain a strong impregnation of sulphuretted hydrogen, as I saw at least a pail-full of sulphur laded out of the cauldron, in which the water was heated for the bath.

“ Mrs. A——, and her daughter, Mrs. F——, spent a couple of weeks there three years ago, the former for an erysipelatous affection with constitutional symptoms,—the latter for an alarming debility. They both derived the most marked benefit from the waters, and have continued very well ever since.

The few days that I passed at the Springs, in 1841, I witnessed several most astonishing cures, especially M'C—. The baths have been improved since my day; and I have seen several persons, who state that they have derived the utmost benefit from their judicious use.

In my practice, I have frequently prescribed the Caledonia waters, and I have witnessed the most salutary effects

in a variety of dyspeptic complaints, as well as chronic affections of the liver, and skin. As a place of resort and recreation, there cannot be two opinions, every convenience and comfort is cheerfully supplied by the attentive host, whose greatest anxiety seems to be, to render his guests happy, providing every rational amusement, and innocent diversion that can be asked for—which in itself is a powerful assistant to the waters, in cases where sedentary habits have led to a tendency to hypochondria. In Montreal the Caledonia Springs are most decidedly in favor: and few people, who, at the busy season, if they could spare the time, but what would willingly enjoy a fortnight of such pleasant relaxation. The scenery is also romantic, especially to foreigners; and many are the pleasant walks about the spot. It cannot fail to become a place of resort to gentle and simple: establishments for the accommodation of both classes, being kept upon the most respectable footing.

“Although I was called to the Springs professionally, I nevertheless found that the use of the waters powerfully increased my appetite and spirits; and had it not been for the melancholy occasion of my visit, I should have enjoyed myself very much. As it was, I shall never forget Mr. Parker's kind gentlemanly attention; and in common gratitude, I cannot help wishing him the success he so richly deserves, a more persevering individual under most trying circumstances scarcely exists. The Province is beholden to him alone, for having brought this most inestimable blessing into notice; and creating a little Paradise in a spot, that was but a few years ago an absolute wilderness.



"I hope he may meet with the support he so justly merits; and that he may live to see his place, the most favored watering place in America.

"I remain, dear Sir,

"Your's, &c.

"DANL. ARNOLDI."

"Montreal, December 7th, 1843.

"DEAR SIR,—In reply to your request to know my opinion of the efficacy of the Caledonia Springs, I beg to state, that for the last few years, I have known several instances of their beneficial effects in rheumatism, scrofula, and in chronic affections of the urinary organs.

"In dyspepsia, I can speak highly of them. Many cases of this disease came under my observation, that were most remarkably relieved by them: some permanently cured by the continued use of the waters.

"I have also had occasion to know, that individuals labouring under various other chronic diseases, and persons, whose constitutions have been weakened and worn out by different causes, have derived much benefit from their prolonged use.

"I am, your very obdt. servt.,

"W. FRASER, M. D.

"*To William Parker, Esq.*"

"Montreal, 13th December, 1842.

"DEAR SIR,—I have to state, that I consider the use of the Caledonia waters a very valuable curative agent, in the treatment of many forms of disease. Circumstances enable me to grant you a favorable certificate with more than usual propriety, many of my own patients having tested

the efficacy, and derived great benefit from the use of the waters. Of all diseases that have come under my notice, in which a persevering use of the baths and waters promises the most beneficial results, chronic rheumatism ranks the first. Many of the cures in this disease have been truly astonishing. I met with a case last summer, where the individual, a delicate female, had been suffering severely for more than nine months; she had completely lost the use of her hands, and could only walk a few steps with great pain and difficulty. After a residence of six weeks at the Springs, she returned free from pain, and strong enough to walk a considerable distance without fatigue. I have also found the waters useful in dyspeptic and urinary complaints, in chlorosis, secondary syphilis, and some of the forms of cutaneous disease.

"In conclusion, allow me to add, from a personal visit to your establishment, that independently of the acknowledged virtues of the waters, the great outlay you have been put to in the improvement of the place, and the unwearied care and attention which you bestow to the comfort and convenience of your boarders, justly entitle you to a large share of public patronage and support.

"I remain, dear Sir, your's very truly,

"GEO. W. CAMPBELL, A. M. M. D.

"Lecturer on Surgery, M'Gill College.

"*To Mr. Wm. Parker, Proprietor }  
of the Caledonia Springs.*" }

"Montreal, December 8th, 1842.

"SIR,—I beg to state, that I consider the Caledonia waters efficacious in cases of dyspepsia, chronic rheuma-

tism, or where the constitution has been impaired by the injudicious use of mercury, and illtreated syphilis ; I would also add in certain cutaneous diseases. I have frequently recommended their use in the above complaints, and witnessed their good effects. I hope that the benefits that are derivable from them, may not be lost to society, by the indiscriminate and almost universal use they have been lately put to, and like the fate of many of our other excellent remedies, fall into unmerited disrepute.

" I have never visited the establishment, but I have often heard it most favorably spoken of.

" I am, Sir, your obedient servant,

" JAMES CRAWFORD, M. D.

" *Wm. Parker, Esq.*"

" Quebec, November 26th, 1842.

" SIR,—I feel pleasure in giving you my opinion, based as it is upon the observations of several years.

" In rheumatic affections I consider them invaluable. Few persons, excepting those who have suffered from these diseases, and those who have made them their study, can appreciate their wonderful medicinal properties. I have repeatedly seen individuals who have left their homes for the Springs, worn out by protracted sufferings, and with their general health shattered by confinement and want of exercise, return to their families free from pain, and with health, strength and activity perfectly restored.

" I have also known remarkable instances of benefit derived from the use of the waters, in persons afflicted with scrofulous complaints, and with diseases of the digestive organs, and kidneys ; and I am convinced that many

of these cases that have left the Springs greatly benefited, but not cured, would have been restored to perfect health by a more extended use of the waters.

"It is absurd to suppose that functions or organs which have been diseased probably for years, can be restored during two or three weeks by any course of medicine, no matter how potent or how efficacious.

"I remain, yours, &c.,

"J. DOUGLAS.

"Member of Royal College of Surgeons.

"*Wm. Parker, Esq., Caledonia Springs.*"

"Quebec, February 10th, 1843.

"MY DEAR SIR,—In answer to your letter, requesting my opinion of the efficacy of the waters of the Caledonia Springs in disease, permit me to say, that for several years I have been in the habit of recommending patients to resort to them; and I believe I am strictly within the bounds of truth, when I say, that in every instance, they have been either cured, or very much benefited.

"It is seldom, however, that the invalid either does himself or the waters justice, his stay being always too short to eradicate chronic disease, for which they are more particularly and justly celebrated. Rheumatism, chronic liver complaints, dyspepsia, and a variety of diseases of the skin, kidneys, and bladder, and I may add eyes, are those which have come more immediately under my personal observation, and to which the above remarks refer. Report of their efficacy, however, goes much further.

"With every good wish, I am faithfully yours,

"JOSEPH MORRIN, M. D.

"*Wm. Parker, Esq.*"

" L'Acadie, June 7<sup>th</sup>, 1842.

" SIR,—I certify that in the month of May last, by the advice of my friends, I visited the Caledonia Springs, where I spent several days; I was at that time, and had been for upwards of twelve years previous, lingering under an affection of the kidneys and bladder, which caused me such severe pains, that I was very often totally unable to attend to my professional, or even private business. I had no sooner made use of the waters, than I found great relief. My urine, habitually scarce and high colored, became abundant and clear, and my stomach sympathetically affected, became in better order. The daily use of a few tumblers of the Saline spring every morning, fasting, with gentle exercise afterwards, had the good effect of keeping my bowels gently open, and free from the usual pains which I was in the habit of experiencing, my appetite became good and my sleep sound.

" I therefore think it my duty for *humanity's sake*, highly to recommend to invalids in general, the use of the Caledonia Springs. But more especially to people affected with rheumatism, liver complaints, and diseases of the kidneys, and urinary organs. To dyspeptics, they will also prove beneficial. The very powerful diuretic effect of the Caledonia waters induces me firmly to believe that mild venereal and incipient dropsical diseases, would be relieved, if not radically cured by the use of the Caledonia Springs water only.

" T. QUESNEL, M. D.

" Member of the Montreal Medical Board.

" *To Wm. Parker Esq, Proprietor* }  
*of the Caledonia Springs.* }

"Montreal, 8th September, 1841.

"SIR,—I beg leave to recommend to your favorable attention and advice, Mr. Hood, a well-known resident of this town, who is subject to severe attacks of rheumatism, which, until last year, were quite intractable. He has lately undergone a course of medicine, and I have advised him to try your valuable Springs, in hopes of ensuring a perfect cure. I have found them of the greatest benefit in several cases I have sent this season of a most hopeless nature.

"I remain your obedient servant,

"S C. SEWELL, M. D.

"*Wm. Parker, Esq., Proprietor* }  
*of the Caledonia Springs.*" }

"Frost Village, Shefford, Jany. 8th 1844.

\* \* \* "As relates to the medicinal properties of your Springs, I can only speak of them by relating the effects of the water on the diseases in the treatment of which I have used it. I have used it in acute rheumatism in the following manner. The evening previous to commencing the use of the water, I gave the patient a full dose of blue pill. The following morning, fifteen hours from the time I gave the pill, I gave him a bottle of Saline water which cleansed well the "prima via."—I then divided a bottle of the Sulphurous Spring into three portions, one of which I gave every eight hours during the next forty-eight hours. After the patient had taken two bottles of the sulphurous water in this manner, I gave another blue pill, and followed it precisely as before for the next forty-eight hours.

I then divided a bottle of the Saline water into three

portions, one of which I gave every eight hours for three days. I then altered the diet of my patient, which, up to this time, had been very abstemious, to one more nourishing, and in a very few days he was perfectly free from rheumatism. From the many experiments which I have made in this manner, on the disease in question, I am fully convinced that if the Caledonia Spring Water is not a specific for acute Rheumatism, it is a most powerful agent in freeing the system from that disease. I kept my patient clothed in flannel.

I am myself subject to acute Rheumatism, and cure myself exactly by the means above mentioned. I would here remark that in thirteen cases this mode of treatment has succeeded to the perfect satisfaction of both patient and physician.

*“Dyspepsia.”*—In five cases of Dyspepsia, what I conceived to be the occasional cause being first removed, I gave a blue pill at night. Fifteen hours after, I gave a bottle of the Saline Water, which cleared the “prima via.” During the day, the patient took light diet only. At night I gave another blue pill, and followed it in the morning with another bottle of the Saline Water; after which, I gave a dose of sulphate de quinine, once in eight hours, with half a tumbler of the Gas Spring Water between each of the doses of quinine. Under this mode of treatment, I had the pleasure of seeing my patients all recover rapidly. As soon as they could ride in a carriage, I encouraged them to do so almost constantly.

“I am now trying the water on seven different diseases, and I think with great advantage, the success of which



experiment, I will communicate to you as soon as circumstances will permit.

" In conclusion, I would remark, that the more I see of the use of the water, the more I am convinced that the Caledonia Springs, when properly analyzed and applied, will prove by far the best antidote that can be found in the mineral waters of North America for a numerous class of diseases.

" I remain,

" Your obedient humble servant,

" STEPHEN SEWELL FOSTER, M. D.

" *William Parker, Esq.*"

At the moment of putting this work to *press*, we have received from the talented medical attendant at the Springs the following letter, with which we close the testimony of the Profession :—

" Hawkesbury, 8th February, 1844.

" DEAR SIR,—In compliance with your request, I shall endeavour briefly to state the result of my experience, as to the effects produced by the use of the waters of the Caledonia Springs.

" I first visited these Springs in the autumn of 1830 ; and at that time made sufficient examination of the waters to convince me that they contained valuable medicinal properties. Since that period, I have had ample opportunities of witnessing their effects ; and for the last four years, have been in regular attendance at the Springs, during the watering season.

“ The disease in which I have seen the most remarkable cures, is Rheumatism ; and both in the acute and chronic, forms of this disease, the waters seemed to be equally beneficial.

“ Every person who visits the Springs fails not to observe the rapid improvement of this class of sufferers. On his first arrival, the limbs of the rheumatic patient are swollen and rigid ; his step, aided by a crutch or staff, is painful and constrained ; and the expression of his countenance, anxious and sorrowful. He uses the waters ; and every day brings some amelioration of symptoms. His limbs assume their wonted form and elasticity ; his step becomes easy and unrestrained, and the expression of his countenance placid and cheerful. He throws aside his crutch or staff, and walks, and leaps, and praises God who mingles the waters.

“ That these waters are a specific in this painful malady, seems now to be generally admitted ; and so much respectable testimony to this effect has already been laid before the public, that to say more, would be only a work of supererogation. In Gout, Sciatica, and Lumbago, (kindred diseases,) the curative action of the waters has been nearly as efficient.

“ Striking as such results are, still there are numerous diseases in which the benign influence of the waters, though less remarked, is assuredly not less certain. For example, in Lepra, commonly called *Salt Rheum*, an affection of the skin, prevalent in this country. Many persons who had suffered for years with this complaint have visited the Springs, and I do not remember a single

instance where the waters, when properly used, both internally and externally, failed in effecting a cure.

In Delirium Tremens (a disease brought on by the use of intoxicating drinks,) the waters have acted like a charm. In every case of this kind which has come under my observation, (and they have not been few,) a perfect cure was speedily effected; nor have I found it necessary to prescribe any other remedy. The stimulus given to the stomach, and the mental exhilaration produced by the waters, at first allayed, and finally subdued, all desire even for ardent spirits. And here I may remark, for the information of those who wish to abstain from "strong potations," and find it difficult, that there can be no better substitute nor more efficient auxiliary to their efforts at reformation, than these waters

A considerable number of cases of Tic Doloureux, (a painful affection of the nerves of the face,) have been seen at the Springs, during my residence there; and all have been cured, or at least the patient's sufferings greatly alleviated. Several persons afflicted with other forms of Neuralgia have also received much benefit.

Hundreds of persons, worn down by that "Protean malady," Dyspepsia, have been signally benefitted by the judicious use of these waters. Sometimes, however, it has been found necessary, in this complaint, to call in the aid of other remedies, such as blue pill at night, followed by water in the morning. The same course was generally pursued, and with nearly equal success, in affections of the liver, blood-letting being premised, if the state of the pulse indicated the necessity of it. This treatment,—as the

waters, when properly used, never bring on debility,—I have found more successful than that advised by Mr. Abernethy, of blue pill at night, and salts and senna in the morning.

“Many females affected with Chlorosis, have been restored to health by the use of the waters; and, as might have been expected from the powerfully diuretic properties of these waters, few patients seemed to derive more benefit than persons suffering under diseases of the urinary organs.—(See the case of Dr. Quesnel, as reported by himself.)

“Time will not permit me to enumerate all the diseases in which the waters appeared to do good; but those in which their curative effects were more remarkable, besides the above mentioned, are—Inflammation of the Eyes, (in particular that very intractable species, Strumous Ophthalmia,) Ague, Hypochondria, Melancholy, St. Vitus’s Dance, Hysteria, Spinal Irritation, Barrenness, Scrofula, Jaundice, Gonorrhea, Secondary Syphilis, and the effects produced by the improper use of mercury.

“Hoping you will excuse this hurried production, and wishing you every success your laudable endeavours to bring these waters more fully into notice deserve,

“I am, Sir,

“Your obedient servant,

“JAMES STIRLING, A.M. & M.D.”

In addition to these, we may here adduce a few letters from gentlemen of the highest standing in the Province, commencing with one written at the direction of His

Excellency the Governor General, after his visit to the Springs in August, 1843.

“Government House, Sept. 6th, 1843.

“SIR,—I am directed to convey to you the expression of His Excellency’s sincere thanks, for the cordial welcome and kind sentiments contained in your Address.

“The Governor General desires me to assure you of the great gratification afforded him, by his visit to the Caledonia Springs, and to acquaint you, that he highly appreciates your zeal and assiduity in the furtherance of an object likely to be productive of the most beneficial results to the people of the Province—that he observed with much satisfaction, your unremitting exertions to render your visitors comfortable and happy, and that he wishes you that success, which, in his estimation, your unwearied perseverance deserves.

“In reply to the Memorial annexed to your Address, His Excellency commands me to inform you, that he sanctions with pleasure your proposal of giving the name of “Government Cottage” to the building which you are about to erect.

“I have the honor to be, Sir,

“Your obedient servant,

“J. M. HIGGINSON.

“*Wm. Parker, Esq.*”

“Caledonia Springs, 27th July, 1843.

“SIR,—I cannot take my departure without expressing a deep sense, not only of the attention I have personally received, but of the remarkable manner in which it is evinced to all residents in your hotel; leaving nothing

untried to ensure health, comfort, amusement, and happiness.

"This solicitude on your part, combined with an excellent and abundant table, cannot fail to secure the good feeling and regard of all who visit the Springs, whether in search of health or pleasure.

"As regards the waters themselves, I am most certain that a course of them cannot be otherwise than beneficial in eruptions of the skin, obstructions of the liver, rheumatism, indigestion, and generally in restoring the system to healthy action. It seems to me that persons suffering in health, usually do not give fair play to the Springs, by not continuing their use long enough to *entirely remove*, but merely remaining sufficient time to *alleviate* their complaint.

"I will not fail to recommend to favorable notice these Springs, as also the incessant kind attentions your visitors are certain to receive from yourself.

"Heartily thanking you for those shewn to myself and party during our sojourn, I remain, with every good wish for your success and prosperity,

"Sir, your most obedient servant,

"R. ARMSTRONG, Major-General.

"Wm. Parker, Esq."

"Montreal, 26th August, 1843.

"SIR,—Having received your flattering letter on the moment of my departure, I could not then reply to it in the manner it deserves. I assure you I feel grateful for the very kind attentions you shewed me at your hotel, and shall ever remember with unfeigned pleasure the agreeable society I met there.

"I have of late years visited the Schooley Mountains, Saratoga, and the Virginia Springs, but at neither of them did I derive the decided benefit which a *faithful* and *moderate* use of the Caledonia waters has afforded me. My friend and medical adviser, Dr. Crawford, of this place, will fully corroborate the surprising improvement my health has so happily experienced; and I shall not fail to recommend those valuable waters, together with your well regulated establishment, to any person who may unfortunately be afflicted as I have been, with dyspepsia, nervous debility, and paralysis.

"Wishing you that patronage and success, which I, for my part, feel you deserve.

"I remain, Sir, your obedient servant,

"W. C. H. BURNABY, Baronet.

"*Wm. Parker, Esq.*"

"Quebec, 14th January, 1843.

"DEAR SIR,—I have much pleasure in complying with your request, to state my opinion of the waters of your Springs, and of the establishment generally. I have, as you know, visited the Caledonia Springs for my health, and resided there with a part of my family for several weeks. The good impression which I originally entertained of those Springs, was more than confirmed by my actual observation. The reputation of the admirable curative properties of the waters, is so well established in Canada, and in the neighbouring States, that any testimony from me, as regard these countries, must be superfluous; but if my name can be of use at a greater distance, I can freely attach it to an assurance, that I believe the virtues of your



Springs not to be inferior to those of the most celebrated Spas of the same class upon this continent ; and my further conviction is, that as a *property*, your undertaking cannot fail to increase with the growth and prosperity of this rapidly advancing Province, and that, consequently, the speculation must be a safe and advantageous investment for an infinitely larger stake than you have had it in your power to embark in it. I am so convinced of this, that, had I available funds, I would not hesitate to employ them by taking an interest in the concern.

“ I remain, dear Sir,

“ Your very obedient servant,

“ T. A. STAYNER, D. P. M.

“ *Wm. Parker, Esq.*”

The Hon. Mr. Justice Pyke, of Montreal, writes as follows :—

“ Montreal, 28th December, 1842.

“ DEAR SIR,—As well from my own personal experience, in the use of the waters, while at the Caledonia Springs, as from what I then witnessed of their beneficial effects on others, I am thoroughly convinced of their efficacy and value in the many complaints which have already been enumerated, and made known by the professional men who have analysed these valuable waters ; and so far from my faith in, and good opinion of them, being subsequently lessened, I have from time to time, procured them in bottles from your agents at Montreal, and have uniformly found relief on using them : and am at this very moment taking them with good effect. It is now four or five years since I visited the Caledonia Springs, but I have heard

with much pleasure, of the gradual increase of visitors to that place, and of the extensive improvements you have since made for their accommodation, comfort, and amusement; and I sincerely hope, that after so much unceasing exertion and expenditure on your part, you will at length obtain that general support and success, to which I consider you have so just a claim.

"I am, dear Sir,

"Your obedient servant,

"GEORGE PYKE

"*Wm. Parker, Esq.*"

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## THE USE OF THE WATERS.

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Although to receive the full benefit of the Caledonia Springs, the patient should reside upon the spot, and be a partaker in the many adjective goods which it presents, yet so far as the absolute virtue of the water itself is concerned, when obtained fresh in bottles, as it can be now, from the dépôts in Montreal, Kingston, Toronto, Quebec, Boston, and other places, it is doubtful if its removal occasions any deterioration. The waters bottled under any circumstances, will in a few days deposit silky filaments consisting of Carbonate of Magnesia, which has become disengaged by the passage of a small quantity of the solvent gas into the space between the water and the cork. This may slightly impair the brilliancy of the water, but does not affect its virtue, indeed an examination of the Springs themselves

will show that this deposit is momentarily occurring within them.

There cannot be a question that the adventitious advantages which the Caledonia Springs offer, must, when viewed independently, be considered as powerful restoratives to the invalid. Change of air, and scene, many and innoxious amusements, quiet and agreeable society, absence from business, and a casting off for the time, of the cares and anxieties of life—these are the additional advantages to which we refer.

In organic diseases of long standing, it is best that the patient should prelude a course of the waters by a moderate dose of calomel or blue pill, overnight, cleaning it off the following morning with sufficient of the water to affect the bowels freely. By this means the stomach is cleansed and prepared, and becomes more susceptible to its medicinal powers. Some persons when resident at the Springs, seem to think that their recovery depends entirely upon the quantity they can drink,—now this is a great error, and one which affects not only the health of the patient, but the reputation of the waters. Intemperance of any kind if it be only in water, is detrimental: there is a certain limit to which we may venture with benefit in medicinal as well as more domestic matters, beyond that, excess commences and we must retrograde; as we should consider it madness to overload the stomach of a convalescent person with food, so is it not less absurd to drench the invalid with medicine. Although there is no medicinal agent from the use of which, less bad consequences are to be feared, yet there will be an entire suspension of the good

effects of the waters if taken in immoderate quantities. It is better to drink a little often, than to distress the stomach by a large dose at any one time.

As a general rule, from three to six half pints should be the maximum taken to commence the day, and the earlier in the morning the better. It should be immediately followed by gentle exercise, previous to breakfast ; an excellent appetite, improved digestion, increased gaiety, and general constitutional amendment will be immediately apparent.

The most beneficial effect is found from taking a tumbler or two of the water, previous to retiring to rest, it induces the most delightful and refreshing sleep, prepares the stomach for the morning draught, cleanses the mouth and removes that dryness, and disagreeable taste to which nearly every one is subject, and indeed has in every way so salutary an effect, that it needs to be tried to be believed. Were those who are in the habit of taking spirits as a "*night-cap*" at bed-time, once to take a glass of Caledonia water instead, its superior advantages would lead them to a general abandonment of this pernicious habit.

After indulging too freely in the pleasures of the table, two or three tumblers of the Saline or Gas water taken in the morning, will remove all disagreeable consequences, and restore the tone of the stomach.

As a general drink they cannot be too much recommended, being preferable to Soda or Seidlitz water, or others of the same class, unlike which they leave no prejudicial effects ; but on the contrary, the most healthy may receive some benefit from their use. As a summer drink,

the Gas water is the best, as it possesses but little aperient properties, it cools and cleanses the blood, removes all febrile symptoms, and dissipates the lassitude generally felt in times of excessive heat. Nor are the waters less wholesome in the coldest weather, giving a tone and strength to the stomach which can be attained by no other means.

In the spring and fall, when every person requires the aid of medicine to prepare the body to meet the change of season, the Caledonia waters are the simplest, the safest, and the most efficacious remedy to be obtained:—to say nothing of their economy.

When the stomach is very foul, it often happens that a slight headache, and a considerable degree of drowsiness is induced by the first doses of the waters, but as soon as they begin to operate this passes off, and in a short time it ceases entirely, leaving behind an invigoration of both body and mind. Persons suffering from great acidity of the stomach, under similar circumstances experience a sensation of fulness and oppression, which, however is but temporary, and seldom recurs.

Invalids cannot be too careful in observing simplicity of diet while under a course of the water; plain nourishing food, in moderate quantity, should be rigidly adhered to. Wines, spirits, and beer should never be taken. It is impossible that the patient can receive the full benefit of the Springs, if the stomach is kept constantly loaded with indigestible or highly seasoned dishes, washed down with heating liquids.

Gentle exercise before and after meals should be per-

severed in, as one of the most powerful auxiliaries of medicine. Early hours are indispensable to secure the proper action of the water.

## ANALYSIS OF THE WATERS.

The analysis of the Saline, Sulphur and Gas Spring was first made by Dr. J. R. Chilton of New-York, in 1836, and the conclusions formed by that eminent chemist of their constituents have since been confirmed by the experiments of the first chemists of this Province.

The following is the result of Dr. Chilton's examination :—

### GAS SPRING.

*One quart of water.*

|                                   |        |
|-----------------------------------|--------|
| Chloride of Sodium,.....          | 89,75  |
| do. Magnesium, .....              | 1,63   |
| do. Potassium, .....              | ,55    |
| Sulphate of Lime, .....           | 1,47   |
| Carbonate of Lime, .....          | 2,40   |
| do. Magnesia, .....               | 2,50   |
| do. Soda, .....                   | 1,00   |
| do. Iron, .....                   | ,08    |
| Iodide of Sodium,.....            | ,35    |
| Resin, a vegetable extract, ..... | ,52    |
| Grains,.....                      | 100,20 |

|              |                          |
|--------------|--------------------------|
| Gases, ..... | { Carbonic Acid,         |
|              | { Sulphuretted Hydrogen, |
|              | { Nitrogen.              |

## WHITE SULPHUR SPRING

*One quart of water.*

|                             |       |
|-----------------------------|-------|
| Chloride of Sodium, .....   | 60,48 |
| do. Magnesium, .....        | ,66   |
| Sulphate of Lime, ..        | ,82   |
| Carbonate of Lime, .....    | ,42   |
| do. Magnesia,.....          |       |
| Iodide, do. ....            | 3,60  |
| Vegetable Extract, &c ..... | ,30   |

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 Grains, ..... 66,46
 

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|          |                              |      |
|----------|------------------------------|------|
| Gases, { | Carbonic Acid,.....          | 3,20 |
|          | Sulphuretted Hydrogen, ..... | 6,14 |

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 9,34 cubic inches.

## SALINE SPRING.

*One quart of water.*

|                           |        |
|---------------------------|--------|
| Chloride of Sodium, ..... | 108,22 |
| do. Magnesium, .....      | 2,01   |
| Sulphate of Lime, .....   | 1,28   |
| Carbonate of Lime, .....  | 2,00   |
| do. Magnesia,.....        | 5,12   |
| do. Soda, .....           | ,82    |
| Iodide of Sodium, .....   | ,38    |
| Vegetable Extract,.....   | ,61    |

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 Grains, ..... 120,44
 

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*One hundred cubic inches of the gas from the Gas Spring, analyzed, contains as follows:—*

|                                   |        |
|-----------------------------------|--------|
| Light Carburetted Hydrogen, ..... | 82,90  |
| Nitrogen, .....                   | 6,00   |
| Oxygen, .....                     | 1,56   |
| Sulphuretted Hydrogen, .....      | 4,00   |
| Carbonic Acid, .....              | 5,51   |
| Cubic inches, .....               | 100,90 |

JAMES R. CHILTON.

New-York, Oct. 26th, 1836.

We have spoken in a preceding section of this work of a fourth Spring, removed from the former about two miles. This has been called the *Intermittent Spring*, on account of the water rising and falling every four minutes.

In saline constitution it is much stronger than either of the others; indeed there is no known medicinal spring in the world, which contains so large a quantity of salts in solution. As an aperient it is much more active than the *Saline*, but not so pleasant to the taste; in its general action it combines the virtues of the *Saline* and *Sulphur*. For bathing, the water of this Spring is unequalled, possessing as it does, both the *iodine* and *bromine*, which contribute so much to the efficacy of *sea water baths*. It is the intention of the proprietor, during the present year, to lay down a railroad from the Canada House to the Intermittent Spring, so that parties may travel from one to the other in a few minutes, and commodious baths will be erected around the latter, where invalids may enjoy all

the benefit and luxury of marine bathing, without going beyond this *mediterranean watering place*.

The following is the Analysis of the Intermittent Spring, for which we are indebted to the courtesy and distinguished ability of James Williamson, Esq., Professor of Chemistry, Queen's College, Kingston :—

“ Kingston, 27th December, 1843.

“ MY DEAR SIR,—I duly received your letters and the bottles, with the Gases, from the *Intermittent* and other Springs ; and I am now enabled to send the analysis of the former completed :—

INTERMITTENT SPRING.—Sp. Gr. 1,0092

|                              |                  |
|------------------------------|------------------|
| In Imperial Pint,.....       | 123,04 grains    |
| Carbonate of Magnesia, ..... | 7,437            |
| Carbonate of Lime, .....     | 2,975            |
| Sulphate of Lime,.....       | 1,788            |
| Chloride of Sodium, .....    | 98,925           |
| Chloride of Magnesium, ..... | 11,916           |
| Iodide Sodium,.....          | 3 in a gallon,   |
| Bromide Sodium,.....         | 1,7 in a gallon, |

|               |        |
|---------------|--------|
| Grains, ..... | 123,04 |
|---------------|--------|

|          |                             |
|----------|-----------------------------|
| Gases, { | Light Carburetted Hydrogen, |
|          | Carbonic Acid Gas,          |
|          | Sulphuretted Hydrogen.      |

“ From the evanescent nature of the Sulphuretted Hydrogen, and the difficulty, even after the greatest precaution, by ordinary means of transmitting the gaseous products in a perfect state. I can only indicate the com-

parative proportions of these by the order in which they are mentioned.

"The Intermittent Caledonia Spring, is, it will be seen, stronger than the three other valuable Springs already so highly appreciated; and to these, I have no doubt, it will form a most valuable addition. Hoping that your energy and anxiety for the comfort of your visitors, will be crowned with that success which they so well deserve: and with best wishes for your happiness and prosperity.

"I remain, your's truly,

"JAMES WILLIAMSON."

Hitherto the difficulty of access to this Spring, has prevented the waters being brought into general use; but as soon as the communication is completed it will be supplied to the different Dépôts and Agencies throughout Canada and the United States, at the same rate as the other waters.

## ROUTES TO THE SPRINGS.

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The Caledonia Springs are situated on the Ottawa, eighty miles above Montreal, and about fifty-five below Bytown, in the Township of Caledonia, whence they derive their name. The district immediately around the Springs is by no means remarkable for a preponderance of the picturesque, being excessively level, and but partially cleared of the original forest. The Springs are distant from the Ottawa about five miles, but the nearest point of approach from above, is L'Original about four miles lower; and from below, Point Fortune, distant twenty-seven miles.

From the St. Lawrence they may be approached by the military road from Lancaster, which, when continued in a direct line, bisects the Caledonia Springs. This road although not yet completed, will shortly become the southern channel of communication with this fashionable watering place. From all parts of Canada above Brockville, and from the Western States, the Springs are best approached by the Rideau Canal, from Kingston to Bytown, thence by the Ottawa to L'Original by steamers. Although the travelling by this route is not very rapid, the magnificence of this great work of art, designed as a military communication between Lake Ontario, the St. Lawrence, and the Ottawa, in case of a war with the United States, well repays

the traveller. The scenery through which the Rideau passes is highly romantic ; and at Bytown, where the canal terminates in a succession of the finest locks in the world, singularly bold and beautiful. From Bytown to L'Orignal, the descent is quick, and enlivened by the splendid view obtained of the Chaudiere Falls, the town of Bytown on its commanding eminence, and the delightfully varied scenery of the Ottawa, with its mountainous banks covered with timber.

From the Southern, Middle and Northern States, and the lower ports, the Springs must be approached by way of Montreal by Lake Champlain and St. Johns, or by the St. Lawrence from Quebec to Montreal.

There is a line of stages in connexion with steamers, which leaves the Upper Canada Stage Office, M'Gill Street, every morning at seven o'clock, to Lachine ; here the passengers are embarked for Point Fortune, proceeding up the St. Lawrence on the north shore, through the St. Anns lock, to avoid the rapid celebrated in the Canadian Boat Song, the Lake of Two Mountains, and up the Ottawa. It would be difficult to conceive a route offering so many beauties to the admiration of the tourist ; the satiated sense absolutely wearies of sweets, and the eye would fain rest upon some deformity for relief and contrast. From Point Fortune there are excellent four-horse stages, over the best roads in Canada, and through a very pleasing country. On board the steam-boat an excellent breakfast and dinner are provided, and the Springs will be reached just in time for tea.

## ADVERTISEMENT.

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A general Dépôt for the sale of the Caledonia waters, was opened at No. 4, Place d'Armes, in October last, since which, the sales have increased more than three hundred per cent.—Not only Montreal, but Quebec and every part of Canada East will be furnished with supplies fresh from the Springs, and put up with the greatest care.

Mr. Brent, of Kingston, Druggist, will furnish Canada West in the same manner as above ;—and there is to be forthwith, an Agency establishment in Boston, from whence, these inestimable Waters will find their way across the Atlantic ; and in the course of time, to every accessible part of the Globe. They are a most delightful article at sea ; and whenever their virtues are known on board of ship, scarcely a vessel will leave the ports of Canada without them.